



Visiting College Athletes – Summer Policy

Swimmers who are swimming with their college team have the option to either practice with the youth competitive team or our adult Masters team.

If swimming with the youth competitive team:

1. Swimmers must be registered with USA Swimming.
This is a strict requirement for insurance purposes. Proof of insurance must be met before entering the water. *Swimmers will be responsible for USA Swimming registration fees.* Those needing to register with USA Swimming should contact the FCST Administrator at fcstadmin@swimfcst.com
Athletes have two choices:
 - a. Full USA Swimming membership - Swimmers are eligible to compete in all USA Swimming meets. Membership valid through December of current year.
 - b. Seasonal USA Swimming membership- Swimmers are eligible to compete in USA Swimming meets below the Sectional level. This membership is valid for 120 days.
2. Visiting swimmers must apply to visit using the online JotForm application form located [HERE](#).
3. Determine appropriate group
Swimmers must contact FCST's Head Coach to help determine the appropriate group to practice with during the summer. The swimmer must meet the requirements of the group including interval and competition requirements.
4. Training Fees:
 - a. FCST Alumni who swam the following:
 - i. 1-5 years (full years) prior to graduation will receive 10% off monthly dues for each year they swam with FCST up to 5 years at 50%. Registration fees will also be paid.
 - ii. Over 5 years will pay \$100 per month. Registration fees will be waived.
 - b. Athletes who are not FCST graduates but meet all other requirements may have their FCST registration fees and training fees reduced on a case-by-case basis.
 - c. Athletes will represent FCST in competition.
 - d. All athletes are still responsible for meet fees (and associated costs such as travel expenses).
 - e. FCST encourages swimmers and families to volunteer the shift hours required for the practice group they will be attending during the Long Course season.
 - f. Volunteer opportunities can range from helping at meets to working with younger FCST groups to working in FCST approved volunteer projects.
5. End of Summer - Termination
Swimmers must email the FCST Administrator at fcstadmin@swimfcst.com their termination date. Try to give at least two weeks' notice if possible.
6. Coaches must inform the FCST Administrator about any returning college swimmers in their group.

If swimming with the Masters team:

1. Visiting swimmers must apply to visit using the online JotForm application form located [HERE](#).
2. Register with US Masters
 - a. If swimming with FCST's masters program for no more than 30 consecutive days, swimmers must complete the USMS 30-day Membership Form. See form in link above.
 - b. If swimming with FCST's masters program for more than 30 consecutive days, swimmers must be registered with US Masters Swimming. This is a strict requirement for insurance purposes. Proof of insurance must be met before entering the water. See form in link above.
3. Training Fees:
 - a. Athletes who are FCST graduates and swam for FCST at least 1 full year prior to graduation will receive 10% off monthly dues for each year they swam with FCST up to 5+ years at 50%. FCST Masters registration fees will be waived.
 - b. Athletes who are not FCST graduates will pay regular FCST Masters registration and Masters dues
4. Register Online With FCST
Swimmers must register online with FCST. Select either Masters 2x Week or Masters Unlimited. If the swimmer qualifies for 2.a above, send an email to the FCST Administrator at fcstadmin@swimfcst.com stating the year graduated from high school.
5. End of Summer - Termination
Swimmers must email the FCST Administrator at fcstadmin@swimfcst.com their termination date. Try to give at least two weeks' notice if possible.
6. The Head Masters Coach must inform the FCST Administrator about any returning college swimmers in their group.